

NUTRITIONAL GUIDE

ITEM	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)
ALL DAY BREAKFAST										
Crunchy Avocado Toast	443	27	6	0	15	435	40	9	3	11
Avo Tuna Melt	735	28	9	0	80	840	47	9	7	61
Josh's Overnight Oats	746	44	19	0	0	24	87	20	26	18
Fresh Fruit Salad	525	27	12	0	5	55	61	9	30	14
Huevos Rancheros Burrito	765	44	13	0	405	782	68	10	9	32
The Scrambled	722	44	15	0	441	728	39	8	6	21
Turkey Bacon Power Wrap	429	27	11	0	75	957	9	5	2	33
Paradise Acai Bowl	662	28	7	0	0	117	105	20	55	10
Almond Butter Acai Bowl	903	55	12	0	0	115	105	30	38	17
Jessie's Breakfast Bowl	588	30	6	0	215	746	58	13	5	27
Ultimate Croissant Eggwich	688	48	16	0	453	706	38	4	8	28
2 Eggs Any Style	672	48	16	0	460	1041	42	9	2	33
Gluten Free Carrot Waffle	660	31	6	0	30	352	84	11	33	15
Sunrise Croissant	680	42	15	0	375	790	48	1	3	28
Power Bagel	715	50	19	0	490	1125	66	7	10	36
LOADED SWEET POTATOES										
Sweet Potatoes	208	0	0	0	0	130	48	7	9	4
Sweet Potato w/ Tuna Salad	508	24	3	0	45	730	52	7	10	22
Sweet Potato w/ Chicken Salad	558	28	4	0	65	710	51	7	10	24
Sweet Potato w/ Grilled Chicken	438	5	2	0	95	460	48	7	9	42
Jack Cheese	220	18	11	0	50	360	1	0	0	14
SOUPS										
Garden Gazpacho	237	22	3	0	0	715	11	3	6	2
Carrot - Sweet Potato	79	3	3	0	0	306	11	2	12	1
Lentil & Kale	228	5	0	0	0	605	36	5	2	13
Vegetable	88	3	1	0	0	548	11	2	1	2

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SIDES										
Plain Tostones	280	10	1	0	0	220	43	5	8	2
Sweet Potato Fries	171	0	0	0	0	581	40	6	8	3
WRAPS										
Chicken Caesar	640	34	7	0	85	880	42	5	3	40
Legal	860	37	12	0	145	1000	59	7	4	56
LIV	891	44	14	0	135	780	51	9	3	60
Mahi-Mahi	590	28	5	0	70	680	46	6	4	36
Poke	866	43	7	0	35	1250	78	9	8	39
SALADS										
Green Goddess	296	25	4	0	0	15	12	6	2	11
Caesar Salad	278	13	6	0	0	684	28	3	3	19
La Mexicana	471	31	11	0	51	589	30	9	7	20
Oriental Crunch	454	32	5	0	0	104	36	9	6	13
Greek	204	12	6	0	30	700	27	4	5	24
Mediterranean Herb	629	59	10	0	35	450	31	6	12	21
SALAD DRESSINGS (2oz)										
Caesar	280	28	4	0	0	600	2	1	1	0
Cilantro- Lime	320	32	4	0	0	600	4	2	2	0
Eel Sauce	228	0	0	0	0	1006	57	0	51	0
Honey - Lime Vinaigrette	180	10	1	0	0	200	12	2	10	0
Honey - Lime Peanut Vinaigrette	180	14	2	0	0	200	12	10	1	1
Lemon - Apple Cider Vinaigrette	400	44	7	0	0	200	2	2	1	0
Miso - Sesame Ginger Vinaigrette	156	10	1	0	0	740	1	1	9	1
Soy - Ginger	135	11	2	0	0	456	2	0	7	1
Spicy Mayo	120	13	2	0	5	120	0	0	0	0
Greek Vinaigrette	400	44	7	0	40	200	2	0	1	0
Balsamic Vinaigrette	216	20	3	0	11	214	12	0	11	0

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SALAD ADD-ONS										
Turkey Burger	276	11	4	0	114	968	46	0	4	31
Chicken Breast	173	5	4	0	84	285	2	0	0	29
Chicken Salad	321	28	4	0	65	580	3	0	1	20
Miso Tofu	279	21	3	0	0	342	7	0	3	14
Mahi- Mahi	85	1	0	0	73	88	0	0	0	19
Scottish Salmon	312	19	4	0	74	37	0	0	0	33
Tuna Salad	351	27	4	0	34	320	1	0	0	27
Crispy Chicken	510	26	6	0	135	430	19	1	1	29

CIABATTAS										
Chicken Goddess	685	31	9	0	110	960	47	5	5	53
Tuna Cado	610	29	5	0	70	850	48	7	6	31
Chicken Cado	672	31	6	0	105	780	48	7	6	38

POWER BOWLS										
Healthy Burger	714	41	7	0	70	146	54	9	3	34
Healthy Burger w/ Tofu	573	30	4	0	0	1212	62	5	5	18
Healthy Burger w/ Turkey Burger	636	29	5	0	94	1720	61	5	5	32
Healthy Burger w/ Veggie Burger	568	22	3	0	13	1356	81	10	5	13
Healthy Burger w/ Salmon	602	27	4.7	0	70	1463	62	6	3	32
Mario's Favorite Chicken	647	27	4	0	85	957	58	5	8	40
Pesto Chicken	1193	79	14	0	135	1339	74	11	9	45
Poke	906	42	6	0	50	1195	95	13	30	42
Salmon Buddha	821	48	8	0	70	1166	67	11	20	42
Miami Vegan	771	39	9	0	0	407	93	18	11	34
Miso Salmon	702	32	5	0	69	1312	67	8	9	40
Build Your Chicken	420	4	1	0	83	85	44	4	0	38

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HEALTHY BURGERS										
Turkey Burger	535	28	5	0	85	540	34	5	6	32
Salmon Burger	490	26	5	0	70	520	30	4	5	33
Veggie Burger	445	24	4	0	5	620	38	6	6	16
PITA MELTS										
Tuna Salad Pita Melt	570	24	6	0	75	820	44	4	6	36
Chicken Salad Pita Melt	605	27	7	0	110	770	43	4	6	45
Shroom Pita Pelt	678	46	9	0	43	822	52	7	10	19
PLATTERS										
Grilled Chicken Breast	375	16	5	0	140	120	3	1	1	53
Pesto Chicken Breast	455	24	6	0	150	280	4	1	1	54
Scottish Salmon Simply Baked	430	25	5	0	80	550	5	1	3	45
Pesto Scottish Salmon	490	30	6	0	85	880	4	1	1	45
BBQ Chicken Breast	420	17	5	0	145	380	9	1	6	53
Crispy Chicken Breast	510	26	6	0	135	430	19	1	1	53
SIDES-CHOOSE TWO										
Avocado	120	11	2	0	0	5	6	5	0	1
Cilantro Brown Rice	220	2	0	0	0	10	46	4	1	5
Quinoa Almondine	240	6	0	0	0	15	35	5	1	7
Broccoli	35	1	0	0	0	30	7	3	1	3
Tostones	210	14	3	0	0	150	23	2	2	2
Sweet Potato Fries	280	10	1	0	0	220	43	5	8	2
Baked Sweet Potatoes	130	0	0	0	0	70	30	4	7	3
Roasted Butternut Squash	79	3	0	0	0	80	15	2	8	1
House Salad	150	12	1	0	0	150	9	3	5	2

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DESSERTS										
Matcha Cloud Cake	573	26	5	0	109	200	81	1	56	8
Chocolate Chip Cookie	638	35	17	0	82	345	78	4	41	9
Pumpkin Chai Donut	213	9	2	0	37	257	33	1	21	2
Brownie	612	33	16	0	74	240	78	4	56	7
Vegan Banana Bread*	498	30	4	0	0	256	30	3	33	5
Carrot Cake*	871	55	14	0	87	366	91	3	67	8
Oatmeal Cookie	686	34	18	0	102	400	86	7	39	12
Chocolate Chunk Walnut Cookie	712	41	19	0	75	785	84	5	50	9
Coconut Guava Cookie	467	27	23	0	13	195	60	8	56	7
Honey Almond Cake	823	58	6	0	98	212	68	5	43	14
Almond Butter Power Bites	351	29	6	0	0	75	18	7	7	10
Key Lime Date Power Bites	157	8	4	0	0	57	22	3	17	2
Cocoa Date Power Bites	199	13	3	0	0	50	22	4	16	3
Carrot Cake Truffles	140	9	2	0	8	71	16	1	9	2

*Serves 2

POWER SMOOTHIES										
Choco Dream	346	18	3	0	0	180	31	8	14	20
Skinny Green	239	4	1	0	0	142	43	8	26	25
Peanut Butter Cup	680	32	6	0	10	174	70	12	38	40
Blue Magic	535	21	3	0	30	170	54	10	22	35
Berry Wild	736	46	32	0	0	142	80	22	42	9
Sunrise Smoothie	355	5	1	0	0	184	67	7	40	16
Strawberry Passion	321	1	0	0	0	28	82	7	60	3
Julie's Smoothie	331	1	0	0	0	5	82	7	58	5

FRESHLY SQUEZZED JUICES										
California Carrot	188	1	0	0	0	132	44	4	18	4
Carrot & Orange Juice	204	1	0	0	0	68	48	8	26	14

CARROT EXPRESS®

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REFRESHERS										
Berry Fusion	154	0	0	0	0	2	41	1	38	1
Wellness Peach	163	0	0	0	0	2	44	1	41	1
Matcha Lemonade	142	0	0	0	0	2	38	1	35	1
WELLNESS SHOTS										
Immunity Shot	111	0	0	0	0	6	30	1	20	1
Valentina Shot	58	0	0	0	0	40	14	1	8	1
Power Shot	20	0	0	0	0	0	4	0	4	0
Ginger Shot	10	0	0	0	0	0	1	0	0	0